Kinesiology
(Formerly Physical Education)

Physical Education

Program Description
This program offers students activity curriculum, technical skills, and professional development courses to develop fitness or to prepare students for transfer in various fields, including physical education.

Associate in Science Degree
The Associate in Science Degree can be obtained by completing a total of 60 units, including the 30-unit major, general education requirements and electives. All courses for this major must be completed with a grade of C or better or a P if the course is taken on a Pass/No Pass basis.

Program Outcomes
Students who complete an Associate Degree will be able to:
1. Understand the psychological, physiological, and social benefits of physical activity.
2. Demonstrate an understanding of the 5 basic components of fitness (including the F.I.T.T.) and the R.I.C.E. principle.
3. Demonstrate an understanding of the current trends and practices in human performance and the importance of diet and exercise for lifetime fitness.

REQUIRED COURSES .................. Units
BIO 004 Human Anatomy ...................... 5
BIO 005 Introductory Physiology .................... 5
HED 002 Health Education ....................... 3
OR
HED 003 Women’s Health Issues .................... 3
PE 020A Foundations of Physical Education .......... 3
PE 020H Care and Prevention of Athletic Injuries .... 3
PE 020S Advanced First Aid and Emergency Care .... 2
PE 020V Introduction to Sports Science .............. 3
PE Activity Courses * .................. 6
Total Units .................. 30

Recommended Electives
ANTH 001 Physical Anthropology
NUTR 010 Nutrition
MATH 011 Elementary Statistics
PE 004F Hip-Hop Dance
PE 004M Intermediate Ballet
PE 005D Circuit Training
PE 006F Intermediate Yoga
PE 007B Beginning Road Bicycling
PE 020W Concepts of Physical Fitness
PE 020D Baseball Theory and Practice I AND
PE 020E Baseball Theory and Practice II
PE 020F Football Theory and Practice I AND
PE 020G Football Theory and Practice II
PE 020P Softball Theory and Practice I AND
PE 020J Softball Theory and Practice II
PE 020M Volleyball Theory and Practice I AND
PE 020N Volleyball Theory and Practice II
PE 020Q Soccer Theory and Practice I AND
PE 020R Soccer Theory and Practice II
PE 020X Basketball Theory and Analyses I AND
PE 020Y Basketball Theory and Analyses II
PE 048G Performance Dance Ensemble
PE 055 Sports Medicine- Athletic Training Internship/Practicum
PE 057 Introduction to Sports Psychology
PE 071 Back Care and Injury Management
Any activity course listed above not used to satisfy requirements of the major.
SOCS 022 Ethnic, Racial and Minority Group Relations in Harmony and Conflict .............. 3

For PE courses, see corresponding KINE courses. Please contact the Dean of Human Performance and Development for clarification.
Sports Medicine/Fitness Science – (Transfer)

Program Description
Designed to allow students to transfer into baccalaureate programs in Physical Education or related areas with a Sports Medicine emphasis. The broad field of Sports Medicine/Fitness Science includes post-baccalaureate employment opportunities in teaching, athletic training, physical therapy, sports rehabilitation, biomechanics, exercise physiology, motor learning, sports orthopedics, sports podiatry, sports psychology, cardiac rehabilitation, EKG technician, and fitness technician.

Associate in Science Degree
The Associate in Science Degree can be obtained upon completion of a total 60 units, including the 33-34-unit major, the general education requirements, and electives. All courses for this major must be completed with a grade of C or better or a P if the course is taken on a Pass/No Pass basis.

Program Outcomes
Students who complete an Associate Degree will be able to:
1. Understand the psychological, physiological, and social benefits of physical activity.
2. Demonstrate an understanding of the 5 basic components of fitness (including the F.I.T.T.) and the R.I.C.E. principle.
3. Demonstrate an understanding of the current trends and practices in human performance and the importance of diet and exercise for lifetime fitness.

REQUIRED COURSES ....................... Units
BIO 005 Introductory Physiology .................. 5
BIO 004 Human Anatomy .......................... 5
CHEM 010 Intermediate Chemistry .............. 4
PE 020A Foundations of Physical Education ...... 3
PE 020H Care and Prevention of Athletic Injuries .... 3
PE 020S Advanced First Aid and Emergency Care .... 2
PE 020V Introduction to Sports Science ........... 3
PE 020W Concepts of Physical Fitness ............ 3
PE Activity courses * ................................ 2 - 3
NUTR 010 ** Nutrition ................................ 3
Total Units ........................................ 33 – 34

*At least one activity course selected from four of the seven listed categories: Aquatics (002A, 002B, 002C, 002D, 002E), Combatives (003A, 003C, 003D, 003E), Dance (004A, 004B, 004C, 004D, 004E, 004F, 004H, 004J, 004K, 004N), Fitness Courses (005C 005G, 005J, 005K, 005M, 005N, 005P, 006A, 006E, 006F, 006C, 078), Individual Sports (007A, 007C, 007D, 007E, 007F), Racquet Sports (008A, 008B, 008C, 008E, 008F), and Team Sports (009A, 009B, 009C, 009E, 009F, 009G, 009H, 009P, or Intercollegiate Athletics course).

**For those transferring to UC in preparation for a physical therapy major, it is recommended that CHEM 011-Basic Organic Chemistry & Biochemistry be taken in place of NUTR 010.

Recommended Electives
CIS 001 Introduction to Computer Science
HED 002 Health Education
MATH 011 Elementary Statistics
PE 055 Sports Medicine—Athletic Training Internship/Practicum
PE 057 Introduction to Sports Psychology
PSYC 020 Personal and Social Behavior

For PE courses, see corresponding KINE courses. Please contact the Dean of Human Performance and Development for clarification.
**Kinesiology**

**Fitness Professional Job-Direct Certificate**

The required courses must be completed with a grade of C or better.

**REQUIRED COURSES ...................................... Units**

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
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<tbody>
<tr>
<td>PE 005J Beginning Body Conditioning</td>
<td>1</td>
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<tr>
<td>OR</td>
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<tr>
<td>PE 005K Intermediate Body Conditioning</td>
<td>1</td>
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<tr>
<td>PE 020S Advanced First Aid and Emergency Care</td>
<td>2</td>
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<td>3</td>
</tr>
<tr>
<td>NUTR 010 Nutrition</td>
<td>3</td>
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<td>5 additional units from the following list: *</td>
<td>5</td>
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</tbody>
</table>

*At least one activity course selected from four of the seven listed categories: Aquatics (002A, 002B, 002C, 002D, 002E), Combatives (003A, 003C, 003D, 003E), Dance (004A, 004B, 004C, 004D, 004E, 004H, 004J, 004K, 004N), Fitness Courses (005C 005G, 005J, 005K, 005M, 005N, 005P, 006A, 006E, 006F, 006C, 078), Individual Sports (007A, 007C, 007D, 007E, 007F), Racquet Sports (008A, 008B, 008C, 008E, 008F), and Team Sports (009A, 009B, 009C, 009E, 009F, 009G, 009H, 009P).**

Total Units ............................................. 17

For PE courses, see corresponding KINE courses. Please contact the Dean of Human Performance and Development for clarification.

**HED 002 3 Units**

**Health Education**

Course Advisory: SCC minimum English and Math standards. A survey course with a multifaceted view of health with physical, mental, and social dimensions. The course extends beyond the structure and function of one’s body to include feelings, values, and reasoning. Examinations and a project are required. Satisfies one-half of the Health, Physical Education graduation requirement. *Three hours lecture.*

**HED 003 3 Units**

**Womens Health Issues**

Course Advisory: SCC minimum English and Math standards. A study of health issues that are unique to women with a focus on women’s health maintenance and care, and the development of skills and acquisitions of knowledge necessary to make informed choices in health matters of concern to women. Open to all students. Satisfies one-half of the Health, Physical Education graduation requirement. *Three hours lecture.*

**Kinesiology/Athletics (Formerly Physical Education)**

Courses number 001A through 001D are modified for students with specific physical disabilities. The instructor, with recommendations from each student’s physician, develops an individualized program for each student. A permission card confirming a disability must be obtained from Disability Services prior to registration.

**KINE 001A 1.00 or 1.50 Units**

**Adapted Aquatics**

Prerequisite: Permission of Disabilities Services Counselor confirming disability. A specialized course in water orientation, exercise, and swimming designed to meet the individual needs of those unable to participate fully in a regular swimming class. Pre-tests and post-test serve to evaluate student achievement. Formerly PE 001A. *One-half hour lecture, one and one-half hours or two and one-half hours activity.*

**KINE 001D 1.00 or 1.50 Units**

**Adapted Weight Training**

Prerequisite: Permission of Disabilities Services Counselor confirming disability. Specialized course in weight training that includes an individualized program that focuses on the specific disability of each student. Pre-tests and post-tests (written and practical) serve to evaluate student achievement. Formerly PE 001D. *One-half hour lecture, one and one-half hour or two and one-half hours activity.*
# Kinesiology

## Kinesiology (Formerly Physical Education)
Sequence courses (Beginning, Intermediate) may not be taken concurrently; and sequence courses may not be taken out of sequence.

### KINE 002A 1.00 or 1.50 Units
Beginning Swimming

*Course Advisory: SCC minimum English and Math standards.* Covers the fundamental techniques of swimming, terminology, water adjustment, fluid mechanics, and water safety. Swimming strokes include freestyle and backstroke. Skills and written exams are used to evaluate student achievement. Formerly PE 002A. *One-half hour lecture, one and one-half hours or two and one-half hours activity.*

### KINE 002B 1.00 or 1.50 Units
Intermediate Swimming

*Prerequisite: KINE 002A. Course Advisory: SCC minimum English and Math standards.* Covers the intermediate techniques of swimming, terminology, and fluid mechanics. Swimming strokes include freestyle, backstroke, breaststroke, and butterfly. Racing starts, flip turns, and touch turns are taught on a beginning level. Interval training concepts are introduced. Skills and written exams are used to evaluate student achievement. Formerly PE 002B. *One-half hour lecture, one and one-half hours or two and one-half hours activity.*

### KINE 002D 1.50 or 2.00 Units
Swim for Fitness

*Course Advisory: SCC minimum English and Math standards.* Designed to provide life-long fitness through cardiovascular endurance training and skill development in basic aquatics skills. The major components which make up a swimming workout and the concepts of interval training and sprint and distance training are included. Skills exams and written exams serve to evaluate student achievement. Formerly PE 002D. *One hour lecture, one or two hours activity.*

### KINE 002E 1.00 or 1.50 Units
Aqua Aerobics

*Course Advisory: SCC minimum English and Math standards.* A comprehensive fitness program with the focus on aerobic conditioning via aquatic exercise designed to improve muscular strength, endurance and cardiovascular fitness. Exercises conducted in the water will utilize the resistance of water and equipment to develop strength and conditioning. Formerly PE 002E. *One-half hour lecture, one and one-half hour or two and one-half hours activity.*

## KINE 003A 1.00 or 1.50 Units
Beginning Self Defense

*Course Advisory: SCC minimum English and Math standards.* Designed to equip the student with basic skills and knowledge for protection against physical assault. Includes basic fighting techniques, falls and recoveries, and disengagements with counter-attacks. Also included are developing a self-defense consciousness and knowledge about self-defense and the law. Skills exam is used to evaluate student achievement. Formerly PE 003A. *One-half hour lecture, one and one-half hours or two and one-half hours activity.*

### KINE 003C 1.00 or 1.50 Units
Foil Fencing

*Course Advisory: SCC minimum English and Math standards.* Includes the fundamental skills, strategies, and rules of (French) foil fencing. The early history, evolution of hand weaponry, the dueling sword, the French and Italian techniques, French terminology, and etiquette are included. Written exams and skills exams serve to evaluate student achievement. Required Equipment: Glove; cup protection (men). Formerly PE 003C. *One-half hour lecture, one and one-half hour or two and one-half hours activity.*

### KINE 003D 1.00 or 1.50 Units
Beginning Judo

*Course Advisory: SCC minimum English and Math standards.* A basic judo course including techniques such as falls, holds, chokes, grips, grip breaks, balance breaks, and application of reverse locks. Strategies for the judo contest are included such as defenses, counters, break-up throws, take-downs, and general mat work. A historical overview of the martial arts is offered with an emphasis on the evolution of modern-day judo. Written and skills exams are used to measure student achievement. Required field trip. Formerly PE 003D. *One-half hour lecture, one and one-half hour or two and one-half hours activity.*

### KINE 003E 1.00 or 1.50 Units
Intermediate Judo

*Prerequisite: KINE003D. Course Advisory: SCC minimum English and Math standards.* An intermediate judo course that covers advanced throwing and grappling techniques. Combinations, transitions, and strategies will also be covered. Competition at the local level tournaments will be an option for interested students. Formerly PE 003E. *One-half hour lecture, one and one-half hour or two and one-half hours activity.*
Kinesiology

KINE  004A  1.50 or 2.00 Units
Beginning Contemporary Modern Dance
Course Advisory: SCC minimum English and Math standards. An introduction to basic contemporary modern dance techniques. This class will focus on proper contemporary modern dance alignment, terminology, center work, movement across the floor, composition and self expression through movement. Students will study posture and alignment for dance, alignment reference points and basic postural muscles. Students will develop physical strength, flexibility, coordination, and an increase in movement memory. Students will explore a variety of common accompaniments for contemporary modern dance. Basic music notation will be presented in preparation for future dance composition. The history of Modern Dance is included. Interval skills exams and written exams serve to measure student achievement. Formerly PE 004A. One hour lecture, one or two hours activity.

KINE  004B  1.50 or 2.00 Units
Beginning Tap Dance
Course Advisory: SCC minimum English and Math standards. An introductory course that includes body placement, body balance, rhythm, coordination, musicality, and a repertoire of the traditional tap (foot) techniques. This course presents lecture information on music, music analysis, understanding basic components of fitness as related to dance, nutrition and basic first aid and injury prevention. This history of tap dance as an indigenous American dance form is included. Skills exams and written exams are used to evaluate student achievement. Formerly PE 004B. One hour lecture, one or two hours activity.

KINE  004C  1.50 or 2.00 Units
Intermediate Tap Dance
Prerequisite: KINE 004B. Course Advisory: SCC minimum English and Math standards. This course explores intermediate tap dance step, patterns, combinations, and choreography. Music theory concepts as they apply to the syncopated rhythms of tap dance are included. The history of tap dance as an indigenous American dance form is discussed. Interval performance exams are used to evaluate student achievement. Written exams are used to evaluate the student’s knowledge of technique, music theory, rhythmic patterns, and the historical and cultural significance of tap dance in America. Students will learn to appreciate this dance form via attendance at a dance concert or musical theater performance. Formerly PE 004C. One hour lecture, one hour or two hours activity.

KINE  004D  1.50 or 2.00 Units
Jazz Dance Technique
Prerequisite: PE 004H Course Advisory: SCC minimum English and Math standards. Designed for students who have vocational or avocational interests in dance. Course emphasis is on the skill development and analysis of intermediate-level and advanced-level techniques and patterns. Selected technique syllabi of various dance artists will be presented and studied. Jazz idioms, styles, and the historical and cultural development are included. Participation in the annual dance concert is encouraged. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theatre Arts majors. One hour lecture, one to two hours activity. Formerly PE 004D.

KINE  004E  3 Units
Dance Production
Course Advisory: SCC minimum English and Math standards. Designed for dance students interested in public performance. Experiences in student choreography are included in addition to participation in the annual college dance concert. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theatre Arts Majors. Formerly PE 004E. One hour lecture, seven hours lab, one hour weekly by arrangement.

KINE  004F  1.50 or 2.00 Units
Beginning Hip-Hop Dance
Course Advisory: SCC minimum English and Math standards. Introduces students to the fundamentals of beginning hip-hop dance style. Students will learn general patterns as well as the basics of creating their own style and routines. Information describing the history and cultural development of hip-hop as a dance form will be presented. Formerly PE 004F. One hour lecture, one to two hours activity.

KINE  004G  2 Units
Dance Choreography
SCC minimum English and Math standards. A performance dance ensemble class for the experienced dance student. It is advised that the student have some training in hip-hop, ballet, jazz, ballroom, ethnic or other styles of dance experience. There is an opportunity for student choreography. This class gives an opportunity for public performance. Recommended for Dance/Theatre or related arts majors. One hour lecture, three hours activity.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Units</th>
<th>Course Title</th>
<th>Prerequisites</th>
<th>Course Advisory</th>
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<tbody>
<tr>
<td>KINE 004H</td>
<td>1.50 or 2.00</td>
<td>Beginning Jazz Dance</td>
<td>MCC minimum English and Math standards. The course presents lecture information on posture for the dancer, music analysis, understanding basic components of fitness as related to dance, nutrition and injury prevention, and choreography dance notation. The course focuses on sequential development of basic jazz patterns in preparation for future dance composition. Interval skills exams and written exams serve to evaluate student achievement. Formerly PE 004H. One hour lecture, one or two hours of activity.</td>
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<tr>
<td>KINE 004J</td>
<td>1.50 or 2.00</td>
<td>Beginning Ballroom Dance</td>
<td>MCC minimum English and Math standards. In this course students will gain a solid foundation and knowledge of the basic skills and techniques of ballroom dance. This class will also be an introduction, short history, demonstration, and instruction of popular ballroom dances. Following good practice of exercise in dance execution, the students benefit from the activity and the cultural experiences. Dances selected from the following: Cha-Cha, Rumba, Nightclub Two-Step, East &amp; West Coast Swing, Lindy-Hop, Salsa, Tango, Waltz, Samba, and Fox Trot. Attention on proper techniques in both lead and follow dance positions including, proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. No prior experience in dance required; partner not required. Formerly PE 004J. One hour lecture, one or two hours of activity.</td>
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<tr>
<td>KINE 004K</td>
<td>1.50 or 2.00</td>
<td>Beginning Ballet</td>
<td>MCC minimum English and Math standards. An introduction to beginning classical ballet dance forms, positions, body alignment, patterns, and barre work. The lesson is conducted with the associated French terminology for all movements and steps. The history of ballet is presented and significant choreographers and ballets are discussed. Students will study proper dance posture, the muscular system as it relates to ballet movement and proper nutritional guidelines for the dancer. Basic first aid and injury prevention and treatment for self-care injuries will also be included in lectures. Performance exams and written exams are given to evaluate student achievement. Students will be required to submit a term project on the history of Ballet. Formerly KINE 004K. One hour lecture, one or two hours of activity.</td>
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<tr>
<td>KINE 004M</td>
<td>1.50 or 2.00</td>
<td>Intermediate Ballet</td>
<td>MCC minimum English and Math standards. The student will be exposed to second derivative skills and will expand technical development for artistic growth. Emphasis is on style and the aspects of interpretation of movement needed for development of the classical dancer. Skills exams and written exams are given to evaluate student achievement leading to studio recital or performance. Text required. Formerly PE 004M. One half hour lecture, two and one half or three hours activity.</td>
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<tr>
<td>KINE 004P</td>
<td>1.50 or 2.00</td>
<td>Intermediate Jazz Dance</td>
<td>KINE 004H with a minimum grade of C. MCC minimum English and Math standards. Covers intermediate-level jazz techniques, styles, and terminology. Students will gain increased knowledge of dance posture and of the muscular functions of the major muscles that effect basic dance movements. Intermediate musical analysis will include 6 count phrasing. The course focuses on sequential development of intermediate jazz dance patterns in preparation for dance composition. Interval skills exams and written exams serve to evaluate student achievement. Formerly PE 004P. One hour lecture, one or two hours of activity.</td>
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<tr>
<td>KINE 004N</td>
<td>1.50 or 2.00</td>
<td>Beginning Swing Dance</td>
<td>KINE 004N with a minimum grade of C. MCC minimum English and Math standards. An introductory experience of the popular American social dances known as ‘Swing’ and an exploration of the cultural scene that created them. The course surveys historical dance varieties and East Coast/West Coast regional differences as well as the latest trends and styles. Instruction, history, and open dancing will be included in class. Attention is paid to proper technique in both lead and follow dance positions; footwork alignment and posture. Formerly PE 004N. One hour lecture, one or two hours of activity.</td>
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<tr>
<td>KINE 004S</td>
<td>2.00</td>
<td>Intermediate Swing Dance</td>
<td>KINE 004N with a minimum grade of C. MCC minimum English and Math standards. This is an Intermediate course in swing dance. Students will gain a higher level of understanding and improved techniques, terminology, steps, lifts, patterns, rhythms, music and history of the various types of swing dances. A partner is not required. One hour lecture, one or two hours of activity.</td>
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Kinesiology

KINE 004T 2 Units
Intermediate Ballroom Dance
Prerequisite: KINE 004J with a minimum grade of C.
Course Advisory: SCC minimum English and Math standards. This course will cover intermediate techniques and styles of ballroom dance. Students will gain improved rhythm, skills, and an increased knowledge of patterns and variations of popular ballroom dances: American Style Waltz, Tango, Cha-Cha, Nightclub Two-Step, Rumba, East Coast Swing, West Coast Swing, Salsa and Foxtrot. Increased attention on proper techniques in both lead and follow dance positions including proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. Beginning ballroom dance class is required; partner not required. One hour lecture, one or two hours activity.

KINE 005C 1.50 or 2.00 Units
Fitness for Life
Course Advisory: SCC minimum English and Math standards. Offers an individualized approach to fitness with a focus on the individual’s personal responsibility for his/her fitness and health throughout life. The study of the physiological changes one undergoes as a result of the physical conditioning forms the basis for the development of a lifetime fitness plan. Fitness exams and written exams serve to evaluate student achievement. Formerly PE 005C. One hour lecture, one and one-half or two hours activity.

KINE 005D 1.00 or 1.50 Units
Circuit Training
Course Advisory: SCC minimum English and Math standards. This is an individualized program for achieving muscle tone while increasing strength and endurance. This course employs resistive exercises, which will improve lifetime fitness and overall body fitness. Formerly PE 005D. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 005E 1.00 or 1.50 Units
Cardio Conditioning
Course Advisory: SCC minimum English and Math standards. Designed for students who desire a cardiovascular workout using a combination of equipment such as stationary bikes, ellipticals, steppers, treadmills, stairmills and rowing machines. Formerly PE 005E. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 005G 1.00 or 1.50 Units
Off-Season Athletic Conditioning
Course Advisory: SCC minimum English and Math standards. This is a comprehensive course designed for the intercollegiate student/athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of each student/athlete’s respective sport. The course will focus on learning and execution of fitness/conditioning parameters as well as pre and post-tests on sport specific abilities applicable to each student/athlete’s sport or activity. Formerly PE 005G. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 005J 1.00 or 1.50 Units
Beginning Body Conditioning
Course Advisory: SCC minimum English and Math standards. A general conditioning course that includes weight training, aerobic conditioning, and stretching exercises. A pre-test serves to define individual fitness goals, and two post-tests (written and practical) serve to evaluate student achievement. Formerly PE 005J. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 005K 1.00 or 1.50 Units
Intermediate Body Conditioning
Prerequisite: KINE 005J. Course Advisory: SCC minimum English and Math standards. A general conditioning course that includes weight training, aerobic conditioning, and stretching exercises. A pre-test serves to define individual fitness goals, and two post-tests (written and practical) serve to evaluate student achievement. Post-test standards are higher than they are in the beginning-level course. Nutrition, as it relates to fitness and weight control, is included. Formerly PE 005K. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 005M 1.00 or 1.50 Units
Beginning Weight Training
Course Advisory: SCC minimum English and Math standards. A comprehensive weight training course for men and women with a focus on strength development and muscle hypertrophy. Resistive exercises via free weights and fixed weights are used for the development of every major muscle group. Pre-tests and post-tests (written and practical) serve to evaluate student achievement. Formerly PE 005M. One-half hour lecture, one and one-half or two and one-half hours activity.
Kinesiology

KINE 005N 1.00 or 1.50 Units
Intermediate Weight Training
*Prerequisite: KINE 005M with a minimum grade of C.*
*Course Advisory: SCC minimum English and Math standards.* Intermediate weight training courses for men and women that will help individuals define and concentrate on personalized goals. Special emphasis will be directed at determining students’ needs and helping them write and follow an exercise program designed to meet those needs. Pre-tests, post-tests and fitness measurements will be used to assess progress. Formerly PE 005N. **One-half hour lecture, and one and one-half or two and one-half hours activity.**

KINE 005P 1.00 or 1.50 Units
Step Aerobics
*Course Advisory: SCC minimum English and Math standards.* An aerobic exercise program utilizing four inch, six inch, and eight inch step platforms. Class format includes warm-up, pre-aerobics, peak aerobics, aerobic cool down as determined by musical beats per minute (BPM). Body toning, strength building and flexibility components of the workout will be included to provide the student with a well-rounded fitness program. Fitness exams, written, exams, written assignments, and/or participation serve to measure student achievement. Formerly PE 005P. **One-half hour lecture, and one and one-half or Two and one-half hours activity.**

KINE 005Q 1.00 or 1.50 Units
Elite Fitness Training
*Course Advisory: SCC minimum English and Math standards.* Kokoro is “unbeatable spirit” in Japanese. This is the ultimate goal of Elite Fitness Training for the serious person who wants to the find the warrior within; it includes training the mind, body, emotions, senses and spirit. Formerly PE 005Q. **One-half hour lecture, one and one-half or Two and one-half hours activity.**

KINE 005R 1.00 or 1.50 Units
Core Conditioning Training
*Course Advisory: SCC minimum English and Math standards.* A fitness course focusing on core conditioning in which students in physically demanding sports, fitness activities and professions learn to balance their conditioning over the entire body. This course will help improve performance by developing utilizing the principles of power, agility, core strength, and speed. Formerly PE 005R. **One-half hour lecture, one and one-half or two and one-half hours lab.**

KINE 006A 1.00 or 1.50 Units
Cardio Kickboxing
*Course Advisory: SCC minimum English and Math standards.* An aerobic exercise program utilizing non-contact kickboxing techniques. Class format includes warm-up, pre-aerobics, peak aerobics and aerobic cool down as determined by musical beats per minutes (BPM). Hand weights, step boxes, and other equipment may be used for additional lower and upper body strength and conditioning. A flexibility cool-down will conclude the exercise session. Formerly PE 006A. **One-half hour lecture, one and one-half or Two and one-half hours activity.**

KINE 006B 1.00 or 1.50 Units
Introduction to Qigong
*Course Advisory: SCC minimum English and Math standards.* A course designed to acquaint the student with the basic 64-movement patterns of Dayan Qigong (pronounced cheegong) - one of the most popular forms of Qigong taught in China today. Students will learn the names and locations of accupressure points and how to do self-massage to activate the meridian system of the body. Students will learn both ‘stillness in action’ through the physical movements and ‘action in stillness’ through sitting, standing and walking meditations. This class is available for students with all levels of abilities and can be adapted for students with mobility issues. Formerly PE 006B. **One-half hour lecture, one and one-half or two and one-half hours activity.**

KINE 006C 1.00 or 1.50 Units
Pilates for Fitness
*Course Advisory: SCC minimum English and Math standards.* A fitness course that utilizes Pilates techniques that can increase strength, flexibility and endurance. Pilates exercises can improve posture, alignment coordination and balance. This course is targeted to improve core strength and overall fitness. Formerly PE 006C. **One-half hour lecture, one and one-half or two and one-half hours activity.**

KINE 006E 1.50 or 2.00 Units
Fundamentals of Yoga
*Course Advisory: SCC minimum English and Math standards.* Development of basic yoga postures, breathing practices, stretching and relaxation techniques as method to improve flexibility, decrease stress and improve physical and mental well-being. Formerly PE 006E. **One hour lecture, one or two hours activity.**
### Kinesiology

<table>
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<tr>
<th>Course Code</th>
<th>Units</th>
<th>Course Name</th>
<th>Prerequisite</th>
<th>Course Advisory</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 006F</td>
<td>1.50</td>
<td>Intermediate Yoga</td>
<td>KINE 006E with a minimum grade of C.</td>
<td>Course Advisory: SCC minimum English and Math standards. This course will expand upon the techniques and philosophies of beginning yoga. Students will be exposed to intermediate postures, various specific yoga systems and additional philosophies of yoga from the masters. Formerly PE 006F.</td>
<td>One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>KINE 006G</td>
<td>1.00</td>
<td>Tai Chi</td>
<td>SCC minimum English and Math standards. An introduction to the discipline of Physical Education through Tai Chi exercises, including well-known short forms consisting of 24 postures. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditation concepts as related to Tai Chi and health and wellness are also covered. Formerly PE 006G.</td>
<td></td>
<td>One-half hour lecture, one and one-half to two and one-half hours activity.</td>
</tr>
<tr>
<td>KINE 007A</td>
<td>1.00</td>
<td>Beginning Bowling</td>
<td>SCC minimum English and Math standards. Covers the fundamental techniques of bowling, terminology, rules, scoring, etiquette, and history. Practice and class competitions are provided to enhance skill development and strategy. Written exams and skills exams serve to evaluate student achievement. Formerly PE 007A.</td>
<td></td>
<td>One-half hour lecture, one and one-half to two and one-half hours activity.</td>
</tr>
<tr>
<td>KINE 007B</td>
<td>1.00</td>
<td>Beginning Road Bicycling</td>
<td>SCC minimum English and Math standards. An introduction to basic road bicycling terminology, equipment, and riding techniques. History of bicycling is included. Interval skills examinations and written examinations serve to measure student achievement. Formerly PE 007B.</td>
<td></td>
<td>One-half hour lecture, one and one-half or three hours activity.</td>
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<tr>
<td>KINE 007C</td>
<td>1.00</td>
<td>Beginning Mountain Biking</td>
<td>SCC minimum English and Math standards. Introduction to basic mountain biking terminology, equipment, and riding techniques. History of bicycling is included. Interval skills examinations and written examinations serve to measure student achievement. Formerly PE 007C.</td>
<td></td>
<td>One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>KINE 008A</td>
<td>1.00</td>
<td>Beginning Archery</td>
<td>SCC minimum English and Math standards. Covers the fundamental techniques of archery, terminology, accessories, and history of the sport. Practice and class competitions are provided to enhance skill development. Written and skills exams serve to evaluate student achievement. Formerly PE 007F.</td>
<td></td>
<td>One-half hour lecture, one and one-half to two and one-half hours activity.</td>
</tr>
<tr>
<td>KINE 008B</td>
<td>1.00</td>
<td>Intermediate Tennis</td>
<td>SCC minimum English and Math standards. Lectures and demonstrations cover the fundamental techniques of tennis: forehand, backhand, basic serve, and volley. Terminology, rules, and history are included. Practice, skill drills, and class competition in both singles and doubles are provided to enhance skill development and game strategy. Skills exams and written exams serve to evaluate student achievement. Formerly PE 008A.</td>
<td></td>
<td>One-half hour lecture, one and one-half to two and one-half hours activity.</td>
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<tr>
<td>KINE 008C</td>
<td>1.00</td>
<td>Beginning Racquetball</td>
<td>SCC minimum English and Math standards. Lectures and demonstrations on the fundamental techniques and skills such as grips, forehand and backhand strokes, serves, the serve return, and the kill shot. Scoring, game rules, game strategy, and court etiquette are included. Drills and class competitions are provided to enhance skill development and game strategy. Skills exams and written final exam serve to evaluate student achievement. Formerly PE 008C.</td>
<td></td>
<td>One-half hour lecture, one and one-half to two and one-half hours activity.</td>
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<tr>
<td>Course Code</td>
<td>Units</td>
<td>Course Description</td>
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| KINE 008E   | 1.00 or 1.50 | Beginning Badminton  
Course Advisory: SCC minimum English and Math standards. Lecture and demonstrations on the basic skills: forehand, backhand, service, the clears and the smash. Also covered are singles and doubles strategy. History, terminology, rules and scoring, and care and selection of equipment are included. Skills exams and written exams serve to evaluate student achievement. Formerly PE 008E. **One-half hour lecture, one and one-half or two and one-half hours activity.** |
| KINE 009C   | 1.00 or 1.50 | Intermediate Soccer  
Prerequisite: KINE 008E. Course Advisory: SCC minimum English and Math standards. Covers intermediate soccer skills. Through team competition, emphasis is placed upon offensive and defensive tactics and strategies. Develop knowledge and understanding of the current collegiate soccer rules and fitness. Formerly PE 009C. **One-half hour lecture, one and one-half to two and one-half hours activity.** |
| KINE 009F   | 1.00 or 1.50 | Intermediate Basketball  
Prerequisite: KINE 008E. Course Advisory: SCC minimum English and Math standards. Lecture and demonstration cover second derivative skills and philosophies of basketball: court leadership, team offenses and defenses, motivation, team strategies, court decorum and sportsmanship. Skill exams and written exams serve to evaluate student achievement. Formerly PE 009F. **One-half hour lecture, one and one-half to two and one-half hours activity.** |
| KINE 009G   | 1.00 or 1.50 | Softball  
Course Advisory: SCC minimum English and Math standards. Covers the fundamental techniques of softball, terminology, rules, and history. Practice, skill drills, and class competitions are provided to enhance skill development and game strategy. A written final exam and skills exams serve to evaluate student achievement. Students must provide their own glove. Formerly PE 009G. **One-half hour lecture, one and one-half to two and one-half hours activity.** |
Kinesiology

KINE 009H 1.00 or 1.50 Units
Beginning Volleyball
SCC minimum English and Math standards. Covers the basic skills: serve, pass, set attack, and block. Skill development is emphasized. This course presents lecture information on team play, rules, history, and basic game strategy. Physical conditioning is an integral part of the course. Skills exams and written exams serve to evaluate student achievement. Formerly PE 009H. **One-half hour lecture, one and one-half to two and one-half hours activity.**

KINE 009P 1.00 or 1.50 Units
Intermediate Volleyball
Prerequisite: KINE 009H with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Covers the intermediate skills: serve, pass, set, attack, and block. The course focuses on offensive and defensive tactics and strategies in preparation for high-level competitive play. A comprehensive physical conditioning program is included to prepare the player for the rigors of volleyball activity. Formerly PE 009P. **One-half hour lab, one and one-half to two and one-half hours activity.**

KINE 020A 3 Units
Introduction to Kinesiology
Course Advisory: SCC minimum English and Math standards. An introduction to the field of Kinesiology as a profession and as an academic discipline. The course covers, the purposes, philosophical and historical foundations, biological and biomechanical foundations, and the sociological and psychological foundations of Physical Education. The course also focuses on educational preparation, the job market, and alternative careers in Physical Education. Written exams and writing assignments serve to evaluate student achievement. Formerly PE 020A. **Three hours lecture.**

KINE 020D 2 Units
Baseball Theory and Practice I
Course Advisory: SCC minimum English and Math standards. A comprehensive baseball course designed for the athlete and coach. The course includes the theories and applications of offensive and defensive strategies, the game plan as it relates to the statistical performance of a particular team, and the use of scouting in assessing the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate athlete achievement. Formerly PE 020D. **One hour lecture, two hours activity.**

KINE 020E 2 Units
Baseball Theory and Practice II
Course Advisory: SCC minimum English and Math standards. A continuation of Kinesiology 020D. A comprehensive baseball course designed for the athlete and coach. The course includes advanced theories and applications of offensive and defensive strategies, the evaluation of the game plan as it relates to the statistical information and skill performance of a team, and the use of assembling advanced scouting reports to assess the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate the student. Formerly PE 020E. **One hour lecture, two hours activity.**

KINE 020F 2 Units
Football Theory and Practice I
Course Advisory: SCC minimum English and Math standards. Comprehensive course for athletes and coaches of football in preparation for intercollegiate competition. The course focuses on the analyses and applications of the principles underlying all football techniques, the psychology involved in the development of winners, and the scientific and empirical principles of training. Skills exams and written exams serve to evaluate athlete achievement. Formerly PE 020F. **One hour lecture, two hours activity.**

KINE 020G 2 Units
Football Theory and Practice II
Course Advisory: SCC minimum English and Math standards. A continuation of Kinesiology 020F. An advanced course for athletes and coaches of football in preparation for intercollegiate competition. The course focuses on the analyses and applications of the principles underlying offensive and defensive strategies and formation of game plans. Skills and written exams are used evaluate student learning. Formerly PE 020G. **One hour lecture, two hours activity.**

KINE 020H 3 Units
Care and Prevention of Athletic Injuries
Course Advisory: SCC minimum English and Math standards. An introduction to the field of Athletic Training as a profession and as an academic discipline. Designed to train students in the recognition, rehabilitation, and prevention of athletic injuries. Emphasis is on learning and applying a variety of taping techniques and athletic training therapies. Written examinations and practical examinations serve to evaluate student achievement. Required of Kinesiology majors and minors. Formerly PE 020H. **Three hours lecture.**
Kinesiology

KINE 020J  2 Units
Softball Theory and Practice II
Course Advisory: SCC minimum English and Math standards. A continuation of Kinesiology 020P. An advanced softball course designed for the athlete and coach. The course includes advanced theories and applications of offensive and defensive strategies, evaluation of the game plan as it relates to statistical information and skill performance of a team. It also covers assembling advanced scouting reports to assess the opposition. Skill exams and written exams serve to evaluate the student. Formerly PE 020J. One hour lecture, two hours lab.

KINE 020M  2 Units
Volleyball Theory and Practice I
Course Advisory: SCC minimum English standard. Study of the theories of offensive and defensive strategies of competitive volleyball. Athletes will study, analyze, and practice offensive and defensive skills and strategies in preparation for seasonal, intercollegiate competition. Skills exams and written exams serve to evaluate athlete achievement. Formerly PE 020M. One hour lecture, two hours activity.

KINE 020N  2 Units
Volleyball Theory and Practice II
Course Advisory: SCC minimum English standard. A continuation of PE 020M. A study of advanced theories of offensive and defensive strategies of competitive volleyball. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skills exams and written exams serve to evaluate student achievement. Formerly PE 020N. One hour lecture, two hours activity.

KINE 020P  2 Units
Softball Theory and Practice I
Course Advisory: SCC minimum English and Math standards. Comprehensive course designed for the intercollegiate softball athlete and for the coach of fastpitch softball. The course focuses on the theories, analyses, and applications of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate athlete achievement. Formerly PE 020P. One hour lecture, two hours activity.

KINE 020Q  1.50 or 2.00 Units
Soccer Theory and Practice I
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the intercollegiate soccer athlete and for the coach of soccer. The course focuses on the theories, analyses, and application of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate the student achievement. Formerly PE 020Q. One hour lecture, one to two hours activity.

KINE 020R  1.50 or 2.00 Units
Soccer Theory and Practice II
Course Advisory: SCC minimum English and Math standards; KINE 020Q or equivalent soccer experience. Continuation of Kinesiology 020Q. A study of advanced theories of offensive and defensive strategies of competitive soccer. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skill exams and written exams serve to evaluate student achievement. Formerly PE 020R. One hour lecture, one to two hours activity.

KINE 020S  2 Units
Advanced First Aid and Emergency Care
Course Advisory: SCC minimum English and Math standards. A course designed to prepare individuals who may administer emergency care to the injured and ill. Upon successful completion of the course, students will be knowledgeable in Advanced First Aid and Emergency Care and cardiopulmonary resuscitation (CPR) for infants, children, and adults. Upon successful completion of the appropriate exam, the student will be eligible for certification in First Responder First Aid and CPR. Required of Physical Education/Kinesiology majors and minors. Formerly PE 020S. Two hours lecture, one hour lab.

KINE 020V  3 Units
Introduction to Sports Science
Course Advisory: SCC minimum English and Math standards. A course covering the basic elements of sport sciences including: kinesiology, motor learning, biomechanics, exercise physiology, sports medicine, sport psychology and training theory. Formerly PE 020V. Three hours lecture.
## Kinesiology

### KINE 020W 3 Units
**Concepts of Physical Fitness**
*Course Advisory: SCC minimum English and Math standards.* A comprehensive fitness course that includes the study of the human organism and its reactions to fitness and physical activity. The course focuses on the physiological adaptations, exercise training, prescriptions, nutrition, ergogenic aids, environmental factors, and the major medical and health conditions. Written exams and measurements of activity serve to evaluate student achievement. Formerly PE 020W. *Three hours lecture.*

### KINE 020X 2.5 Units
**Basketball Theory and Analyses I**
*Course Advisory: SCC minimum English and Math standards.* A comprehensive basketball theory course designed for coach and athlete. The course includes the theories and analyses of offensive and defensive strategies, the development of the offensive and defensive game plan as it relates to statistical data, and spontaneous adjustments in offensive and defensive. Written exams serve to evaluate student achievement. Formerly PE 020X. *Two hours lecture, one hour lab.*

### KINE 020Y 2.5 Units
**Basketball Theory and Analyses II**
*Course Advisory: SCC minimum English and Math standards.* A continuation of KINE 020X. A comprehensive basketball theory course designed for coach and athlete. The course includes the advanced theories and analyses of offensive and defensive strategies and the development of the game plan using statistical data and the scouting report. Written exams and skill exams serve to evaluate student achievement. Formerly PE 020Y. *Two hours lecture, one hour lab.*

### KINE 055 2 Units
**Sports Medicine — Athletic Training Practicum**
*Prerequisite: KINE 020H. Course Advisory: SCC minimum English and Math standards.* Supervised volunteer athletic experience which provides students with the opportunity for immediate recognition and treatment of sports injuries. Emphasis is on taping techniques and rehabilitation which enables athletes to return to competition. Formerly PE 055. *One hour lecture, three hours weekly by arrangement.*

### KINE 057 3 Units
**Introduction to Sports Psychology**
Introduction to psychological concepts, strategies and skills designed to help individuals overcome the barriers to optimal athletic performance. Skills such as imagery, goal setting, cognitive restructuring, attentional focusing, arousal regulation, and coping will be presented. With this course students establish a goal(s) and work toward it while fostering a winning environment. Formerly PE 057. *Three hours lecture.*

### KINE 071 0.5 to 1.50 Units
**Back Care and Injury Management**
*Course Advisory: SCC minimum English and Math standards.* A course designed for students with interest in back care or managing a back injury. Individualized and group exercises will focus on functional motor control, balance, coordination, flexibility, developmental movement, individually developed exercises and strength and endurance for students with back injuries. There will be an emphasis on encouraging independence in personal health and teaching lifelong fitness knowledge and skills. Formerly PE 071. *One-half hour lecture, one-half or two and one-half hours activity.*

### KINE 078 1.0 or 1.50 Units
**Fit Ball Training**
*Course Advisory: SCC minimum English and Math standards.* A fitness course that utilizes fitness ball techniques that can increase strength, flexibility, endurance and lean body composition. Fitness ball exercises can help to improve and develop functionality and agility through strengthening weak muscles as well as core muscles. Students will learn to safely and effectively execute strengthening exercises for all the major muscle groups with and without hand weights, flexibility exercises and balancing exercises. Skill exams and written exams serve to evaluate student achievement. Formerly PE 078. *One-half hour lecture, one and one-half or two and one-half hours activity.*

### KINE 083 2.0 or 2.50 Units
**Fire Candidate Physical Fitness**
*Course Advisory: SCC minimum English and Math standards.* Provides lifelong fitness knowledge to gain employment with a federal, state, county, city or special district fire agency. Provides certification with the Fire Service Joint Labor Management Wellness/Fitness Initiative “Candidate Physical Ability Test.” Formerly PE 083. *One hour lecture and two or three hours activity.*
Kinesiology

Kinesiology/Athletics/
Health Education Intercollegiate Athletics

ATHL 001 2 Units
Women's Intercollegiate Volleyball (Fall)
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate volleyball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times. Ten hours lab.

ATHL 002A 1 Unit
Women's Fall Intercollegiate Basketball
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times. Ten hours lab (12 week course).

ATHL 002B 1 Unit
Women's Spring Intercollegiate Baseball
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate baseball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times. Ten hours lab (9 week course).

ATHL 003 2 Units
Women's Intercollegiate Softball
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced softball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times. Ten hours lab.

ATHL 004 2 Units
Women's Intercollegiate Soccer (Fall)
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student-athlete covering advanced intercollegiate soccer skills. The course includes the theories and analysis of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparations for competition. Repeatable 3 times. Ten hours lab.

ATHL 010 1 Unit
Men's and Women's Intercollegiate Swimming and Diving
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate swimming and diving skills. The course includes theories and analyses of skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times. Ten hours lab.

ATHL 015 2 Units
Men's Intercollegiate Baseball
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate baseball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 3 times. Ten hours lab.

ATHL 016A 1 Unit
Men's Intercollegiate Basketball (Fall)
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times. Ten hours lab (12 week course).

ATHL 016B 1 Unit
Men's Intercollegiate Basketball (Spring)
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times. Ten hours lab (9 week course).
ATHL 017  2 Units
Men's Intercollegiate Football (Fall)
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate football skills. The course includes the theories and analyses of offensive, defensive, and kicking team strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 3 times. Ten hours lab.

ATHL 020  2 Units
Men's and Women's Intercollegiate Water Polo
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate water polo skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of physical skills, and mental preparation for competition. Repeatable 3 times. Ten hours lab.